

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 703071

Course Name: K-3 Primary Physical Education

Grade Level: 2

Upon course completion students should be able to:



### Standards

#### Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

##### Locomotor

- 2.1.L1. Perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways.

##### Non-Locomotor

- 2.1.NL1. Perform non-locomotor skills, with and without equipment.

##### Body Management

- 2.1.BM1. Perform a variety of balances using different body parts with and without equipment.
- 2.1.BM2. Transfer weight to different body parts using control, with and without equipment.

##### Manipulative Skills

- 2.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues.

#### Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

##### Space

- 2.2.SP1. Perform movement skills in general space.

##### Pathways, Shapes and Levels

- 2.2.PS1. Combine shapes, levels and pathways into travel sequences.

##### Speed, Direction and Force

- 2.2.SD1. Vary time and force with gradual increases and decreases.

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### Strategy

- 2.2.ST1. Apply a variety of simple tactics to increase chances of success during the performance of physical activities.

### Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

#### Physical Activity Knowledge

- 2.3.PA1. Identify opportunities to participate in physical activity in various settings.

#### Physical Fitness Knowledge

- 2.3.PF1. Identify the importance of daily physical activity and track the amounts in a variety of settings.
- 2.3.PF2. Describe different activities that improve strength of the heart and lungs.

#### Nutrition

- 2.3.N1. Describe the balance between nutrition and physical activity.

### Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

#### Social Interactions/Working with Others

- 2.4.SW1. Work with others independently in partner environments.

#### Rules and Etiquette

- 2.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

#### Safety

- 2.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

### Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

#### Health

- 2.5.H1. Identify physical activities that contribute to a healthy lifestyle.

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#### Challenge

- 2.5.C1. Compare physical activities that bring confidence and challenge.

#### Self-Expression and Enjoyment

- 2.5.SE1. Identify physical activities that provide self-expression.

#### Social Interaction

- 2.5.SI1. Identify the benefits of working cooperatively with others.

#### Advocacy

- 2.5.A1. Identify various ways to encourage peers to be physically active.